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## Resilience Inc. Newsletter: July 11, 2017 (Volume 23)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Ask Emily and Let the Sunshine In.**

### **A Message from Lori Ashcraft.**

Hello Friends!

If you read last month's newsletter, you know that I had surgery a few weeks ago to remove blood clots in my lungs. This is called *Pulmonary Thromboendarterectomy*. Yes, quite a mouthful! I have given up trying to pronounce it. Anyway, the experience was quite a teacher. I learned a lot about myself and am trying to practice what I learned.



Now that I am coming out the other side of this experience, I find I am repeating some of the steps I went through during my recovery from mental illness. The step that is prominent right now is the one that leads away from the identity of being ill into an identity of being recovered. I had forgotten how important this step is and how meaningful it is to take it. It requires giving up a

status that elicits sympathy. It requires giving up the status of not being held accountable because you are not capable of following through.



When we begin to drop the identity of an ill person and move into the identity of a well and capable person, things change. We emerge from a position of having been taken off the hook to a position of giving back. I remember a conversation

I had with a friend of mine early in the recovery movement. She was complaining about all she had to give up as she began to recover. In the middle of her complaints, I asked her how it felt. I will never forget her answer. She said, without a second thought, “exhilarating. I will never go back.”

I am feeling the same way. I love having myself back.

Hope you are all having a great summer.

Lori

xoxox

## Ask Emily.

Hello Folks,

Hope you are enjoying the dog days of summer. As you can see I have dressed up in my Spiderman digs in honor of the latest Spiderman movie soon to be released. Do you realize how much we recoverees have in common with Spiderman? There are some amazing similarities. Think about it. Peter Parker (the teenager who becomes Spidey) is just a stressed out, awkward, nerdy guy who happens to be bitten by a radioactive spider. He goes through a painful process of learning how to use the powers the “bite” has bestowed upon him. Once he learns how to use his special powers, he turns the pain of the bite into ways to save himself and the world. He grows up. Sound familiar? When we are first stricken by trauma and/or mental illness, we reel in the pain. But once we learn to use that pain to develop the power to recover, we are superheroes too.



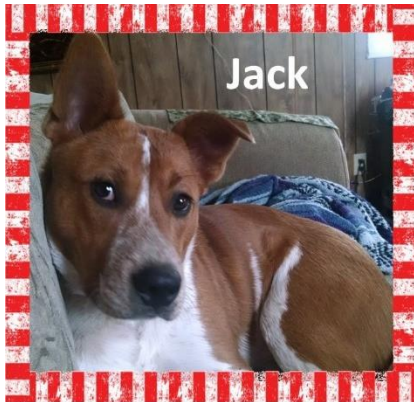
So here I am, dressed up like Spiderman to remind us all of our special powers. Let's go out there and save the world!!!

Speaking of this, my guest this month is Jack, a hero who saves his pal, Hope Riley and her husband. Hope is an avid Resilience Inc. – Rise and Shine Newsletter reader and employed with Trinity County Behavioral Health Services in CA. Jack is a little over two years old and as you will see from his question, he is perhaps a little bit over protective.

Dear Emily,

I'm Jack Riley. I can't tell you how much I love my family. They are the best. I am confused about how to take care of them. I try to protect them, but they seem to have mixed feelings about me growling at those who get too close to them. Can you shed some light on this for me?

Jack R.



Dear Jack,

I know exactly what you mean. I used to be this way with my family and got the same response, but it wasn't mixed. They clearly wanted me to stop biting other humans who came to our house. I had to learn to trust my family to take care of themselves, unless there truly was something very scary happening. When we love humans, we can get over protective. This distracts them from their own journey of figuring out how to handle things. So, if you just can't hold back a growl or a bark, wag your tail really hard while you are doing it. This will release your stress and help humans accept your concerns.

Good luck with this Jack and thanks for your thoughtful question.

Wag on,

Emily

## Let the Sunshine In.

Well...the Dog Days of Summer are upon us and we all know that too much sun can be harmful. But, the right balance of sun can have some very positive, mood lifting benefits!!



In the article, “What Are the Benefits of Sunlight?” written by Rachel Nall and found on Healthline online, she says that sunlight and darkness activate the release of hormones in our brains. She further indicates that exposure to sunlight is thought to increase the brain’s release of a hormone called serotonin. This is associated with boosting mood and helping a person feel calm and focused. And – a mood boost is not the only reason to get increased sunlight. There are a number of health benefits associated with getting an increased amount of sunlight.

For example, exposure to sun can:

- Help build strong bones. Exposure to the sun’s rays can cause a person’s skin to generate vitamin D. The vitamin D made thanks to the sun can play a significant role in bone health.
- Help with some cancer prevention. Although excess sunlight can contribute to skin cancers, a moderate amount of sun has cancer preventive benefits.
- Help heal skin conditions. According to the World Health Organization, sun exposure can treat several skin conditions for the right person. Check with a dermatologist to see if light treatments will benefit your skin concerns.

So, the sun’s rays can be good for us...but always keep in mind that if you are going to be outside for more than a brief period of time – it’s a good idea to protect your skin. You can do that by applying a sunscreen with a sun protection factor of at least 15. Wearing a protective hat and shirt can also help!!

## **A Request From Emily.**

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to [mail@resilience4u.us](mailto:mail@resilience4u.us) and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

## **Don't forget to check out Lori Ashcraft's Blog!!**

To read and contribute to Lori's blog, click on the link below:

[www.resilience4u.us](http://www.resilience4u.us)



For more information on our Consulting and Training Services or information on our Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health

Workbook and Training Program, call 530-362-7070.

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